

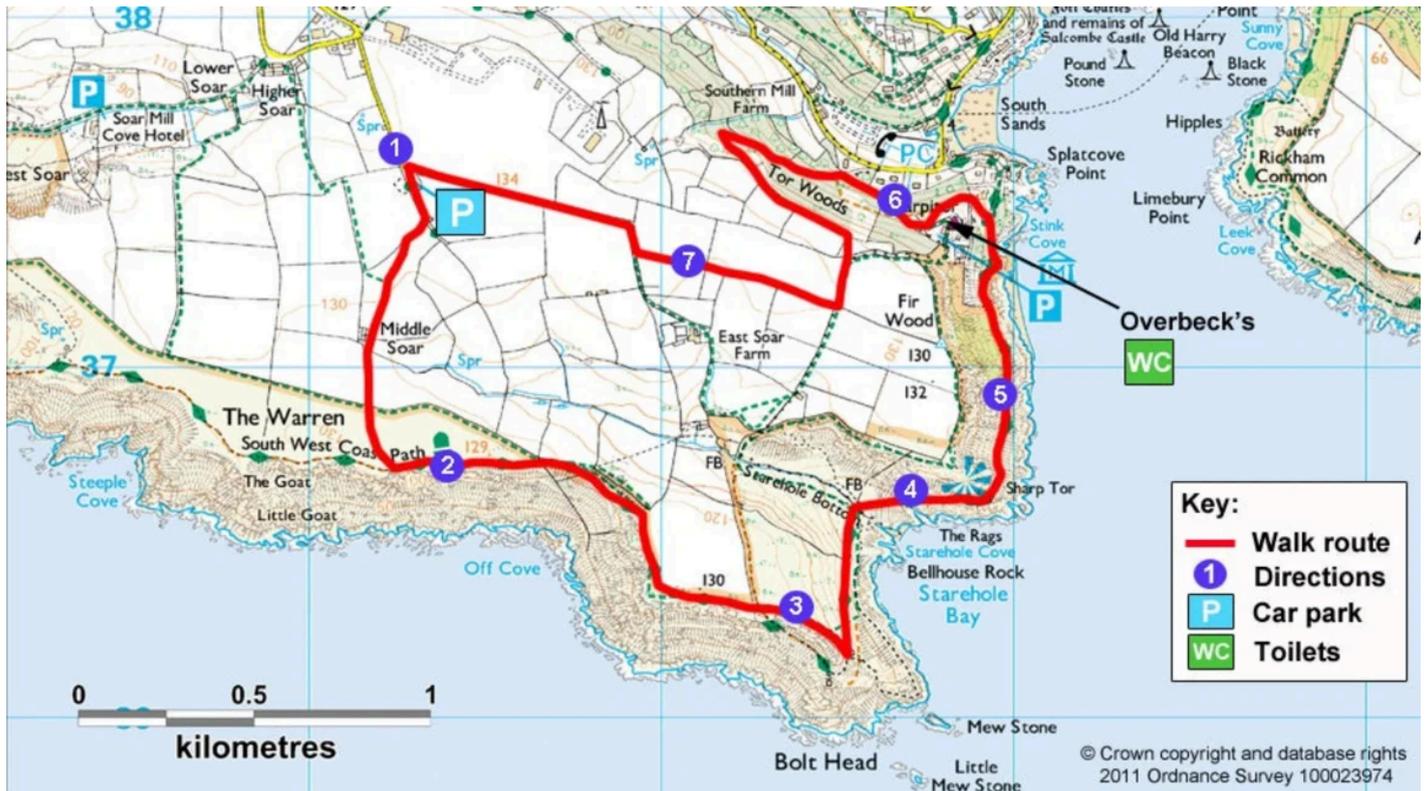
DEVON

East Soar to Bolt Head Walk

From shipwrecks to wildlife-spotting, discover the dramatic coast around Salcombe on this circular walk via the South West Coast Path. After the jagged rocks at Bolt Head, wander down to the impossibly blue waters of Starehole Bay, then return past Overbeck's, with views of the Salcombe Estuary.

⚠ Please be aware of livestock

Be aware that you may encounter livestock, which can include sheep and cattle, on this route. Please follow the guidance of onsite signage and take any dog waste away with you.



Information

Address: East Soar National Trust car park, near Malborough, Devon, TQ7 3DR

Activity: Walking

Easy: Uneven paths, one steep climb, muddy in winter. For further details please see Terrain section.

Dog friendly: Dogs welcome but please keep them on a lead.

Livestock graze the route and there are steep, unfenced cliff edges near the coast path.

Full trail: Miles: 4.5 (km: 7.2)

Duration: 2 hours - 3 hours

Terrain

One steep climb, uneven paths and muddy in winter.

Total stages: 7

Start point: East Soar National Trust car park, grid ref: SX713375

1. Leave your car at East Soar car park, just past Soar hamlet. Go to the car park entrance and turn left down the lane. Walk down the lane and turn right, through the gateway towards Middle Soar, following the public footpath signs. Follow the track, past the buildings of Middle Soar, to reach the warren wall where you'll see the Omega sign. Continue straight ahead towards the coast path. Turn left at the signpost, towards Bolt Head.
2. Continue along the coast path, through gates and take the fork to the right (signposted Bolt Head and Salcombe). Go through another gate to arrive at Bolt Head, with its dramatic jagged rocks. The views from the headland stretch from Cornwall's Dodman Point in the west to Prawle Point in the east.
3. Follow the coast path to Salcombe, around the headland and down the slope towards Starehole Bay.
4. If you've dipped down to Starehole Bay, return to the coast path and go through the gate. Continue along the path towards the crags of Sharp Tor.
5. Follow the path along the cliffs and into Fir Wood. You are now above the treacherous Salcombe Bar, which stretches across the estuary to Leek Cove. When you reach the road, turn left uphill towards Overbecks.
6. Take the path on your right into Tor Woods. Continue along the path, keeping left, as it winds uphill to offer views of South Sands. Climb the steps out of the woods and follow the path

across the fields, through the gate, then turn immediately right. Continue through another gate and follow the edge of the field towards the windsocks until meeting the track to the car park.

7. Follow the track that takes you back to the car park.

End point: East Soar National Trust car park, grid ref: SX713375
